



Chicken Tikka Pizzas

READY IN



23 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes unsalted diced drained canned
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 teaspoons garam masala divided
- ☐ 3 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 0.3 cup yogurt plain low-fat

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion red vertically sliced
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 4 6-inch wholewheat pita breads whole-wheat ()
- ☐ 4 servings balsamic vinaigrette salad dressing green with simple vinaigrette
- ☐ 12 ounces chicken breast halves boneless skinless

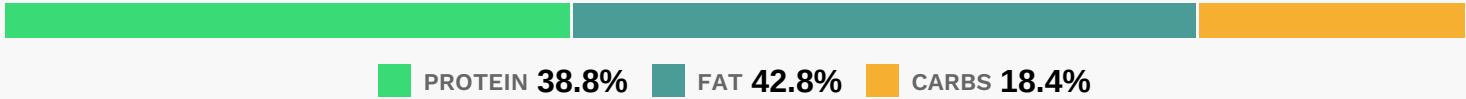
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cut chicken in half horizontally.
- ☐ Combine chicken, yogurt, and 1/2 teaspoon garam masala.
- ☐ Place on a foil-lined baking sheet coated with cooking spray; sprinkle with 1/8 teaspoon salt. Broil 5 minutes on each side.
- ☐ Heat a skillet over medium-high heat.
- ☐ Place tomatoes in a mini chopper; pulse until almost smooth.
- ☐ Add oil to pan.
- ☐ Add 1 1/2 teaspoons garam masala, ginger, red pepper, and garlic; cook 1 minute. Stir in tomatoes; simmer 4 minutes. Stir in 1/2 teaspoon salt and cream; cook 1 minute.
- ☐ Cut chicken into pieces.
- ☐ Add chicken to pan; toss.
- ☐ Place pitas on baking sheet. Broil 1 minute each side. Spoon 1/2 cup chicken onto each. Top with onion and cheese. Broil 2 minutes.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:17.198261053666%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 270.04kcal (13.5%), Fat: 12.97g (19.95%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 10.06g (3.66%), Sugar: 6.69g (7.44%), Cholesterol: 77.26mg (25.75%), Sodium: 747.64mg (32.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Vitamin B3: 10.24mg (51.2%), Selenium: 32.01µg (45.72%), Vitamin B6: 0.86mg (43.22%), Phosphorus: 344.03mg (34.4%), Calcium: 245.04mg (24.5%), Potassium: 711.9mg (20.34%), Vitamin B5: 1.66mg (16.6%), Vitamin B2: 0.26mg (15.16%), Vitamin C: 12.51mg (15.16%), Vitamin E: 2.15mg (14.32%), Manganese: 0.27mg (13.43%), Magnesium: 53.25mg (13.31%), Copper: 0.23mg (11.75%), Vitamin A: 531.51IU (10.63%), Vitamin B1: 0.16mg (10.5%), Zinc: 1.57mg (10.46%), Iron: 1.84mg (10.2%), Fiber: 2.49g (9.94%), Vitamin K: 10.13µg (9.65%), Vitamin B12: 0.44µg (7.33%), Folate: 23.79µg (5.95%), Vitamin D: 0.27µg (1.79%)